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Cooperation Extension Work in Agriculture
and Home Economics.

U. S. DEPARTMENT OF AGRICULTURE
AND STATE AGRICULTURAL COLLEGES
COOPERATING.

STATES RELATIONS SERVICE,
OFFICE OF EXTENSION WORK, SOUTH
FARMERS' COOPERATIVE DEMONSTRATION WORK,
Washington, D. C.

WINTER GARDENS.

NEED FOR WINTER GARDEN. Every southern garden should have a supply of lettuce, spinach and radishes throughout the fall and winter and spring, as they can be easily grown and form valuable additions to the usual dry, winter diet. With more of such food products in the diet, there would be less use for spring tonics and other medicines. In addition to this, these food products are palatable and serve to lower the cost of living.

These crops attain their best development on a sandy loam soil well supplied with humus or decayed vegetable matter. All of them thrive best during the late fall or early spring and will not withstand the heat of summer. In all sections of the lower south, lettuce, spinach, and radishes can be grown in the open throughout the fall, winter and spring. In the more northern of the southern states and in high altitudes these crops can be grown in fall and spring in the open and during the winter in hot beds or cold frames.

SIZE. It is suggested that club members who begin winter gardens take a plot of well prepared land 50 ft. long and 20 ft. wide. This is one-fourth of the tenth acre garden. On the rest of it a winter over crop may be planted.

		VARIETIES TO BE PLANTED. About four vegetables should be	
		planted, the varieties chosen being those not commonly grown in the	
		home garden so as to give the demonstration special value to all,	
		and furnish new vegetables for the table. This letter contains in-	
20 ft. x 20 ft.		structions for spinach, lettuce, and radishes, prepared by Mr. H. C.	
	Spinach	Thompson of the Horticultural Division. These can be grown in winter	
		gardens all over the south. The County Agent will suggest another	
		vegetable of special interest in her county. In many sections cauli-	
		flower will be added. Where good markets can be obtained, the area may	
		be increased.	
20 ft. x 20 ft.		HOME DEMONSTRATION WORK. Instructions will be sent for preparing	
		these vegetables for the table, for canning the surplus spinach, and for	
		brining the surplus cauliflower to be used later in mixed pickles.	
	cabbage or other crop.	PLANTINGS. In order to have lettuce and radishes throughout the	
		season, it is advisable to make sowings of seeds every two or three	
		weeks. As soon as the crop is removed, another crop should be planted.	
		The radish seed might be sown between the rows of lettuce if hand	
		cultivation is to be given. The radishes would be harvested before the	
10 x 10	10 x 10	lettuce reached sufficient size to crowd. By making two sowings of	
Lettuce	Radish-	spinach, one in the fall and another in late winter or early spring, a	
	es	continuous supply can be secured.	

Plan for Winter Garden.

LETTUCE. In growing this crop in the open or in hot beds and cold frames, the best results can be secured by sowing the seed in a well prepared bed and transplanting the young plants. Sow the seed thinly in drills 4 to 6 inches apart and cover about ½ inch deep. For the best results, transplant the young plants as soon as they form the first true leaves. Set these plants in a cold frame 2 inches apart each way and as soon as they reach a height of 1½ to 2 inches, take up the plants with a trowel or spade and set to the permanent bed. If planting in the field, set the plants 8 to 10 inches apart in rows 14 inches apart. When transplanting to frames, the plants should be set 8 to 10 inches apart each way. Lettuce seed is sometimes sown in rows in the field and the plants thinned out to stand the proper distance.

The soil for lettuce should be thoroughly prepared as very little cultivation can be given when the plants attain considerable size. While the plants are small, the soil should be cultivated to keep down weeds and prevent a crust forming. In the frames a hoe or hand weeder can be used, while in the open a wheel hoe can be used to good advantage.

There are two general types of lettuce, loose leaf and the heading types. Of the loose leaf types, the Grand Rapids and Black Seeded Simpson are among the best varieties,

while the Big Boston is the best variety for market of the head type. For home use the Hanson or California Cream Butter might be grown as they are of better quality than the Big Boston. The markets of the east demand a hard head lettuce of the Big Boston type, but the markets of the central use more of the loose leaf lettuce. Unless growing for local market, however, it is best to grow the headed type because large quantities of the other kind are grown under glass in the central states.

SPINACH. Spinach can be grown in the open in all sections along the coast from Norfolk, Va., south and in practically all sections of the lower tier of southern states. In the colder regions of the south, this crop can be grown in the open with a little protection or in canvas covered cold frames throughout the winter.

The soil should be made fairly rich. Well rotted manure is the best fertilizer but if this is not available, apply at the rate of 50 to 100 pounds of a high grade fertilizer per tenth acre. Sow the manure or fertilizer broadcast and thoroughly harrow it into the soil. Five ounces of seed will make two plantings on the plot 20 ft. square in drills 10 to 12 inches apart. Thin the plants out to stand 3 or 4 inches apart. Frequent shallow cultivation by hand or with a wheel hoe should be given. When grown in frames, the cultivating must be done by hand. In most sections of the south, however, spinach can be grown in the open without any protection, as a hard freeze causes very little injury.

The variety of spinach most commonly grown is the Savoy. At Norfolk, Va., the large truckers grow a strain of this variety called the Norfolk Savoy.

RADISH. Radishes should be grown rapidly to insure good table qualities. The soil should be fertile and contain abundant moisture. Fresh stable manure should not be used however as it would produce excessive leaf growth. Well rotted manure is the best fertilizer and should be applied at rate of about 2 tons per tenth acre. If no manure is available, apply at the rate of 100 pounds per tenth acre of a good grade complete fertilizer.

Sow the radish seed in rows 12 inches apart in the field and cover $\frac{1}{2}$ to 1 inch deep, depending upon the soil. On light, dry soil, cover 1 inch deep and on heavy moist soil, cover $\frac{1}{2}$ inch. When grown in hot beds or cold frames the rows of radish need not be more than 4 to 6 inches apart or just wide enough for hand hoeing and weeding.

There are three types of radishes, turnip-shaped, olive-shaped, and long. Of the turnip-shaped, the best varieties are the Scarlet Globe and Scarlet Turnip. The best of the olive-shaped are the French Breakfast and Early Scarlet. The Charter Long Scarlet, Long White Spanish and Icicle are the best varieties of the long type.

Where protection is needed for growing these crops, a canvas covered frame will serve the purpose. If, however, a glass covered hot bed or cold frame is available or will be needed for starting other plants, it is advised to use it. In growing any of these crops in frames, close attention must be given to watering and ventilation. It is best to apply water to the soil between the rows rather than sprinkling over the plants after they attain considerable size. This is especially to be recommended for lettuce.

For information on construction and management of cold frames, and hot beds, read letter No. 543.

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